

# Wellness NEWSLETTER

Q2 - 2023



## Fitting in Fitness!

May 16 | 11 – 11:30 a.m. CT

Join Coach Carlos to learn more about a well-rounded fitness plan. Carlos is a Health Coach with over a decade of experience assisting participants overcome obstacles and barriers and successfully start consistently exercising.

[Click here to save the webex invitation to your calendar!](#)



Stress occurs when there is a mismatch between the demands we experience and the resources we have available to deal with those demands. While not all stress is bad, long-term stress can have harmful impacts on physical and mental health and is important to recognize and manage.

In support of Stress Awareness Month this April, take some time to check in with yourself by doing any (or all) of the following for a little self-care:

- **Connect with yourself** - ask yourself how you're doing and be honest
- **Keep a journal** - put your thoughts/feelings down on paper
- **Practice mindfulness** - try meditation or deep breathing
- **Spend some time outside** - go for a walk or visit a new park
- **Move your body** - get regular exercise
- **Get enough sleep** - create a bedtime routine
- **Fuel up with healthy food** - develop healthy meal plans and snacks
- **Laugh and share** - catch up with an old friend, watch a funny movie, read a book.

Source: HealthFitness

## Resources on Vitality

- Take the [Vitality Mental Wellbeing Review](#)
- Enroll in [Health Coaching and Lifestyle Guidance](#)
- Set [Goals](#) or [Goals for Unusual Times](#)
- Review health resources related to mental and behavioral health topics with [Action Sets and Decision Points](#) or [Interactive Tools](#) under [Online Education](#)

# Relieve stress with these techniques



## Visual Imagery

- Perform in a quiet, comfortable environment with eyes closed, when possible.
- Begin with a couple minutes of deep breathing, then begin to visualize one of your favorite scenes.
- See, touch, feel, smell, hear...experience the scene to its fullest.

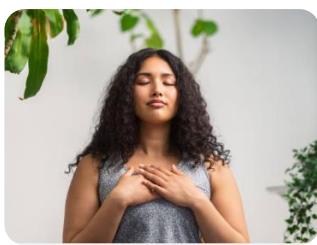
## Deep Breathing

- Place one hand on your abdomen and the other hand on your chest
- Inhale slowly and deeply through your nose into your abdomen. Your abdomen should expand out as far as is comfortable.
- Hold your breath for a few seconds.
- Exhale gently and slowly through your mouth while pursing your lips.
- Repeat.

## Progressive Muscle Relaxation

- Find a silent and comfortable place where you can sit or lie down.
- Close your eyes and focus on your breath.
- Starting with your feet, tense the muscles in your feet and hold for a few seconds.
- Relax the muscles of your feet and concentrate on the feeling of relaxation.
- Move up to the muscles in your leg, tensing and relaxing them the same way.
- Continue moving up the body, tensing and relaxing the muscles in your arms, chest and back.

Source: Stress.org and HealthFitness



### Take care of your body.

- Take deep breaths, stretch or meditate.
- Eat healthy, well-balanced meals emphasizing fruits, vegetables, whole grains, dairy and protein.
- Be physically active as it can make you feel better, function better and sleep better.
- Get plenty of sleep by going to bed at the same time each night and get up at the same time each morning.
- Choose not to drink alcohol, or drink in moderation (2 drinks or less in a day for men; 1 drink or less in a day for women)
- Avoid smoking and the use of tobacco products, including e-cigarettes.

### Make time to unwind.

- Take breaks and try to do activities you enjoy.

### Connect with others.

- Talk with people you trust about your concerns and how you are feeling.

### Connect with your community or faith based organizations.

### Take breaks from watching, reading or listening to news stories, including those on social media.

- It's good to be informed but hearing about adverse events constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv and computer screens for a while.

Source: CDC